

**Department of Kinesiology
GELO Assessment Data
2014-2020**

GELO 2a: Students will develop an understanding of self that fosters personal wellbeing

Outcome Measure: PED 1000 courses -Heart Rate, Curl Ups and Push Ups

Criteria for Success (if applicable): At least 50% of students participating in a PED 1000 course will have improvements in Heart Rate and Body Composition. 60% of students participating in PED 1000 will increase in curl ups and pushups from pretest to posttest.

Longitudinal Data: PED 1000

Table 1	Fall 2014		Spring 2015		Fall 2015			Spring 2016			Fall 2016 (N=244)			Spring 2017 (N=222)		
	Pre	Post	Pre	Post	Pre	Post	% Students Improved	Pre	Post	% Students Improved	Pre	Post	% Students Improved	Pre	Post	% Students Improved
3-Minute Step Test (BPM)	157	145	162	150	162	155	59%	150	143	65%	151	144	60%	145	139	55%
1-Minute recovery (BPM)	98	83	95	83	108	103	55%	102	92	42%	102	94	59%	96	87	65%
Curl-ups (1-minute timed)	31	38	38	51	32	38	91%	35	42	67%	34	38	51%	34	41	62%
Push-ups (1-minute timed)	24	32	26	36	30	36	88%	31	39	81%	30	36	66%	26	33	69%
Body Fat (%)	20	19	18	17	19	19.1	50%	19.7	19	61%	19.4	19	51%	20.1	19.5	56%

Table 1	Fall 2017 (N=123)			Spring 2018 (N=105)			Fall 2018 (N=166)			Spring 2019 (N=136)			Fall 2019 (N=148)		
	Pre	Post	% Students Improved	Pre	Post	% students improved	Pre	Post	% students improved	Pre	Post	% students improved	Pre	Post	% Students Improved
3-Minute Step Test (BPM)	155	151	57%	148	141	64%	150	146	53%	146	140	57%	154	151	57%
1-Minute recovery (BPM)	100	93	54%	96	91	57%	93	90	52%	96	88	67%	120	116	57%
Curl-ups (1-minute timed)	30	35	66%	31	37	67%	31	35	49%	29	35	60%	29	33	52%
Push-ups (1-minute timed)	28	35	68%	31	42	82%	29	34	54%	27	33	69%	26	33	68%
Body Fat (%)	19.8	19.9	36%	23.8	23.2	59%	21.5	21.7	41%	NA	NA	NA	NA	NA	NA

Table 1	Spring 2020 (N= 135)		
	Pre	Post	% Students Improved
3-Minute Step Test (BPM)	137	132	56%
1-Minute recovery (BPM)	105	98	60%
Curl-ups (1-minute timed)	34	40	60%
Push-ups (1-minute timed)	30	36	62%
Body Fat (%)	NA	NA	NA

Table 2	Fall 2019	Fall 2019	Fall 2019	Fall 2019	Fall 2019	Fall 2019	Fall 2019
ACSM Standards Curl up (N=148) Push up (N=148) Activity (N=130)	% of students who fell into the good, very good or excellent category pre curl up (N=105)	% of students who fell into the good, very good or excellent category post curl up (N= 134)	% of students who shifted categories curl up (N=67)	% of students who fell into the good, very good or excellent category pre push up (N=119)	% of students who fell into the good, very good or excellent category post push up (N= 134)	% of students who shifted categories push up (N=67)	Average # of minutes of activity per week
	71%	91%	45%	80%	94%	52%	187 Minutes
Curl up (N=134) Push up (N = 134)	Spring 2020 % of students who fell into the good, very good or excellent category pre curl up (N=112)	Spring 2020 % of students who fell into the good, very good or excellent category post curl up (N= 130)	Spring 2020 % of students who shifted categories curl up (N=58)	Spring 2020 % of students who fell into the good, very good or excellent category pre push up (N= 115)	Spring 2020 % of students who fell into the good, very good or excellent category post Push up (N= 126)	Spring 2020 % of students who shifted categories push up (N=53)	Average # of minutes of activity per week
	83%	90%	43%	85%	93%	39%	243 Minutes

Interpretation and Conclusion:

During spring we met all of our learning outcomes. Additionally, this is the first academic school year where we have started to look at push up and curl up data according to ASCM standards (see Table 2 above). When we look at ACSM standards (table 2) then you will see that our push up and curl data shows signs of positive fitness improvements in both areas. In general, 43% and 39% of students shifted categories of fitness at the completion of the class in the curl up and push standards, respectively. Additionally, over 90% of the students in each category fell into the good, very good or excellent categories by the completion of the class. A further assessment into this series reveals that on average/week students are spring approximately 243 minutes participating in activity. This is 93 minutes above the weekly requirement for the course. When all of the hours were summed up, students participating in PED 1000 logged 499,666 minutes of activity!

Changes to be made:

None at this time.

GELO 2a: Students will develop an understanding of self that fosters personal wellbeing

Outcome Measure: PED 1000-Overall Personal Wellbeing Reflection Paper

Criteria for Success (if applicable): Students will score 3 or above on personal wellbeing rubric after taking PED 1000

Table 2: Longitudinal Data

	Fall 14	Fall 15 (n=15)	Spring 16 (n=178)	Fall 16 (n=148)	Spring 17 (n=140)	Fall 17 (n=99)	Spring 18 (n=135)	Fall 18 (n = 175)	Spring 19 (n = 128)	Fall 19 (N=155)	Spring 20 (n=133)
Overall Personal Well-Being	3.5	3.3	3.4	3.2	3.5	3.4	3.5	2.6	3.4	3.0	3.6

Rubric Used: Figure 1

1	2	3	4
Response shows little or no recognition of the need to make a decision or set a goal or response lacks the appropriate process for decision making and/or goal setting	Response shows recognition of the need to make a decision or set a goal and provides evidence that some options or consequences were considered	Response shows recognition of the benefit of using decision-making or the goal setting process and provides evidence that options and/or consequences were considered	Response shows reflection and a logical progression through a decision-making or goal-setting process that includes full consideration of options and/or consequences and which results in a health-enhancing decision or goal statement

Interpretation and Conclusion:

Criteria for success met.

Changes to be made:

We will need to conduct a calibration with the PED 1000 professors to ensure that all professors are scoring consistently. It appears that one professor has a more rigorous set of criteria when compared to the other professors on this assignment.

Table 2 ACSM Standards Curl up (N=79) Push up (N=79)	Fall 2019 % of students fell into the good, very good or excellent category pre curl up (N=56)	Fall 2019 % of students fell into the good, very good or excellent category post curl up (N=68)	Fall 2019 % of students who shifted categories curl up (N=32)	Fall 2019 % of students fell into the good, very good or excellent category pre push up (N=66)	Fall 2019 % of students fell into the good, very good or excellent category post curl up (N=71)	Fall 2019 % of students who shifted categories curl up (N=18)
	70%	85%	41%	84%	90%	23%
Curl up (N=24) Push up (N=24)	Spring 2020 % of students fell into the good, very good or excellent category pre curl up (N=22)	Spring 2020 % of students fell into the good, very good or excellent category post curl up (N=22)	Spring 2020 % of students who shifted categories curl up (N=1)	Spring 2020 % of students fell into the good, very good or excellent category pre push up (N=18)	Spring 2020 % of students fell into the good, very good or excellent category post push up (N=21)	Spring 2020 % of students who shifted categories push up (N=2)
	92%	92%	4%	75%	88%	8%

Interpretation and Conclusion:

Heart rate, curl up and push up data are most often collected by each PED 2000 section within the department of Kinesiology. The assessment of heart rate most often is done in a controlled environment and is a faculty lead activity. For several of our PED 2000 sections in the spring, heart rate is assessed using heart rate monitors supplied by the professor of the course. It is for this reason, that you will note lower numbers being reported for spring 2020. Following the disruption of COVID-19 the professor of these sections could not collect post heart rate data, therefore, our data for the spring represents only those sections where heart rate was captured manually by the student. All things being considered, we met one of the criteria for our outcome data and did not meet the criteria for curl up and push-ups.

Changes to be made:

As the landscape for how we teach activity courses continues to change, we will need to consider how that changes our assessment outcome measures. Since assessment of heart rate up until this point has been done in a controlled environment and under the

supervision of a faculty member, we may now need to consider outcomes that allow for assessment of heartrate and endurance without being assessed in a controlled environment. These changes will most likely take place in spring 2021 if changes are to be made.

GELO 2a: Students will develop an understanding of self that fosters personal wellbeing

Outcome Measure: Physical Activity Courses - Body composition, Heart Rate data and responses on survey

Criteria for Success (if applicable): Question #5 “As a result of this activity class I have a greater understanding and appreciation of what it means to learn and grow” 80% of students participating in a PED activity course will report “somewhat” or “strongly agree” to the questions listed in the table below

Spring 2016

Question - As a result of this activity class I have a greater understanding and appreciation that/of:		Strongly agree	Somewhat agree	Total Responses	Percent of students in the agree category
1	Physical activity is related to my physical well being	489	81	600	95
2	Participating in physical activity is related to my emotional and spiritual well being	442	119	600	94
3	Participating in physical activity enhances my social well being	415	134	601	91
4	The beauty and gift of the human body and how these are influenced by pursuing activity	412	141	598	92
5	What it means to learn and grow in personal wholeness by being a steward of the human body	390	154	599	91
Question – As a result of taking this activity class I am more likely to:		Strongly agree	Somewhat agree	Total Responses	Percent of students in the agree category
1	Continue with physical activity in general	420	140	601	93
2	Continue with the type of activity involved in my activity class	340	153	601	82
3	Use physical activity to relieve stress and tension	403	146	600	92
4	Influence others to participate in physical activities	357	164	600	87

Fall 2016 - Spring 2017

		Spring 2017			Fall 2016		
Question - As a result of this activity class I have a greater understanding and appreciation that/of:		Total # of students who fell into the strongly agree Or somewhat agree category	Total Responses	Percent of students in the agree category	Total # of students who fell into the strongly agree Or somewhat agree category	Total Responses	Percent of students in the agree category
1	Physical activity is related to my physical well being	254	265	96	627	660	95
2	Participating in physical activity is related to my emotional and spiritual well being	245	265	92	607	660	92
3	Participating in physical activity enhances my social well being	234	265	88	595	660	90
4	The beauty and gift of the human body and how these are influenced by pursuing activity	234	265	88	595	658	90
5	What it means to learn and grow in personal wholeness by being a steward of the human body	238	265	90	576	660	87
Question - As a result of taking this activity class I am more likely to:		Total # of students who fell into the strongly agree Or somewhat agree category	Total Responses	Percent of students in the agree category	Total # of students who fell into the strongly agree Or somewhat agree category	Total Responses	Percent of students in the agree category
1	Continue with physical activity in general	175 73	266	93	602	659	92
2	Continue with the type of activity involved in my activity class	145 82	266	85	529	660	80
3	Use physical activity to relieve stress and tension	184 64	266	93	590	658	90
4	Influence others to participate in physical activities	159 77	264	89	567	659	86

Fall 2017 - Spring 2018

		Spring 2018			Fall 2017		
Question - As a result of this activity class I have a greater understanding and appreciation that/of:		Total # of students who fell into the strongly agree Or somewhat agree category	Total Responses	Percent of students in the agree category	Total # of students who fell into the strongly agree Or somewhat agree category	Total Responses	Percent of students in the agree category
1	Physical activity is related to my physical well being	362	374	97%	560	591	94%
2	Participating in physical activity is related to my emotional and spiritual well being	353	374	94%	549	590	93%
3	Participating in physical activity enhances my social well being	346	373	93%	531	590	90%
4	The beauty and gift of the human body and how these are influenced by pursuing activity	355	373	95%	540	590	91%
5	What it means to learn and grow in personal wholeness by being a steward of the human body	352	374	94%	523	586	89%
Question - As a result of taking this activity class I am more likely to:		Total # of students who fell into the strongly agree Or somewhat agree category	Total Responses	Percent of students in the agree category	Total # of students who fell into the strongly agree Or somewhat agree category	Total Responses	Percent of students in the agree category
1	Continue with physical activity in general	354	372	95%	548	591	93%
2	Continue with the type of activity involved in my activity class	308	373	83%	490	598	82%
3	Use physical activity to relieve stress and tension	347	372	93%	540	589	92%
4	Influence others to participate in physical activities	339	370	92%	510	589	87%

Fall 2018-Spring 2019

		Spring 2019			Fall 2018		
Question - As a result of this activity class I have a greater understanding and appreciation that/of:		Total # of students who fell into the strongly agree Or somewhat agree category	Total Responses	Percent of students in the agree category	Total # of students who fell into the strongly agree Or somewhat agree category	Total Responses	Percent of students in the agree category
1	Physical activity is related to my physical well being	199	204	96%	368	399	92%
2	Participating in physical activity is related to my emotional and spiritual well being	194	204	95%	354	398	89%

3	Participating in physical activity enhances my social well being	190	204	93%	343	399	86%
4	The beauty and gift of the human body and how these are influenced by pursuing activity	192	204	94%	348	398	87%
5	What it means to learn and grow in personal wholeness by being a steward of the human body	189	204	93%	342	397	86%
Question - As a result of taking this activity class I am more likely to:		Total # of students who fell into the strongly agree Or somewhat agree category	Total Responses	Percent of students in the agree category	Total # of students who fell into the strongly agree Or somewhat agree category	Total Responses	Percent of students in the agree category
1	Continue with physical activity in general	194	204	95%	356	400	89%
2	Continue with the type of activity involved in my activity class	170	204	83%	307	400	77%
3	Use physical activity to relieve stress and tension	194	203	95%	349	401	87%
4	Influence others to participate in physical activities	185	202	92%	305	400	76%

Fall 2019-Spring 2020

		Spring 2020			Fall 2019		
Question - As a result of this activity class I have a greater understanding and appreciation that/of:		Total # of students who fell into the strongly agree Or somewhat agree category	Total Responses	Percent of students in the agree category	Total # of students who fell into the strongly agree Or somewhat agree category	Total Responses	Percent of students in the agree category
1	Physical activity is related to my physical well being	262	290	90%	281	296	95%
2	Participating in physical activity is related to my emotional and spiritual well being	268	290	92%	270	295	92%
3	Participating in physical activity enhances my social well being	280	292	96%	266	293	91%
4	The beauty and gift of the human body and how these are influenced by pursuing activity	220 59	292	96%	267	294	91%
5	What it means to learn and grow in personal wholeness by being a steward of the human body	266	292	91%	263	295	89%

Question – As a result of taking this activity class I am more likely to:		Total # of students who fell into the strongly agree Or somewhat agree category	Total Responses	Percent of students in the agree category	Total # of students who fell into the strongly agree Or somewhat agree category	Total Responses	Percent of students in the agree category
1	Continue with physical activity in general	270	292	94%	269	295	91%
2	Continue with the type of activity involved in my activity class	245	291	84%	242	294	82%
3	Use physical activity to relieve stress and tension	271	292	93%	268	295	91%
4	Influence others to participate in physical activities	246	292	84%	250	295	85%

Interpretation and Conclusions:

We met the criteria for success in all categories for from 2016 to spring 2020.

Changes that need to be made:

None at this time.